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very little attention until time to gather the fruit, which in this region is of excellent flavor, especially when allowed to ripen thoroughly on the plant.

The fleshy roots of the yuca (Cayapa, kā"tcū) are considerably used as food. The yuca is started by means of cuttings, and requires from seven to nine months to produce the edible roots. These roots are usually boiled in the regular manner when used as an ordinary food, but, as above mentioned, they are also frequently boiled in sugar-cane syrup to make a kind of preserves. The yuca is a very nutritious food, has an excellent flavor, and by many is much preferred to either potatoes or yams. It is never baked.

Potatoes (Cayapa, pū'lyū) do not thrive at this low altitude, owing to the heat and humidity, although they grow well in the valleys of the higher Andes. On rare occasions they are obtained from the Indians of these interior valleys who make journeys to the coast for trading and other purposes. They have also been procured in more recent years from the traders about the mouth of the river, but the Cayapa seldom purchase commodities of this class.

Another food of a similar kind which is grown by the Cayapa to a limited extent is the red yam. It is started by cuttings in the ordinary manner. In preparing them for food, the yams are boiled, but are never roasted, as is so frequently done by aboriginal peoples.

Of this class also is the root-stalk of the rascadera (Cayapa, nū'a), a species of caladium which is grown to a limited extent by a few of the Cayapa. This is also pre-

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pared exclusively by boiling. Rascadera and yuca are grown to a much greater extent by the negroes who live along the river than by the Indians.

According to their own tradition, the Cayapa, having been formerly a mountain people, in earlier times subsisted largely on maize or Indian corn (Cayapa, pī'cū), which is still one of the principal foods of practically all the Indians of the higher Andes. On moving to the lower altitudes, the Cayapa brought the maize with them, and even yet a small quantity is grown by them. The plant itself it comparatively small, and the ears are very small, rarely exceeding six or seven inches in length. When gathered for food it is almost always taken green and is prepared in one of three ways. Frequently, the husk having been removed, the ear of green corn is simply roasted over coals, when it is considered quite a delicacy, though it lacks the rich flavor of our sweet corn. The products of the other two methods of preparing it are gruels. The first stages in making both kinds are the same, and the process is as follows: The necessary number of husked ears of green corn having been procured, the women chew the kernels from the cobs, depositing them in a large wooden tray, or batea. Since the introduction of various articles of commerce some households use a large tin grater for removing the kernels from the cobs. The kernels are then placed, handful after handful as needed, upon a mealing stone (pl. LXII, 1, 2) and ground with a stone muller such as the one shown resting on the mealing stone shown in fig. 2 of the plate mentioned, a small amount of water being added from